

SHUTTLE MENU STS-128  
(Stow By Person)

CHRISTER FUGLESANG, MS-4 (BROWN)

							Days 6 & 13 (Day 13 only - Stowed in Pantry)	CHRISTER FUGLESANG, MS-4 (BRO
Meal	Days 1*, 8 & 15**	Days 2 & 9 (EVA)	Days 3 & 10	Day 4	Day 11◇	Days 5 & 12		Days 7 (EVA) & 14
A	Dried Peaches (IM)	Dried Pears (IM)	Dried Apricots (IM)	Dried Pears (IM)	Breakfast Sausage Links (FF)	Dried Peaches (IM)	Dried Apricots (IM)	Dried Pears (IM)
	Sausage Pattie (R)	Scrambled Eggs (R)	Granola w/ Blueberries (R)	Breakfast Sausage Links (I)	Granola w/ Raisins (FF)	Mexican Scrambled Eggs (R)	Granola w/ Blueberries (R)	Breakfast Sausage Links (I)
	Granola w/ Raisins (R)	Granola w/ Raisins (R)	Crackers (NF)	Granola w/ Raisins (R)	Orange-Mango Drink (FF)	Grits w/ Butter (R)	Brownie (NF) x2	Seasoned Scrambled Eggs (R)
	Brownie (NF) x2	Vanilla Breakfast Drink (B)	Blueberry Raspberry Yogurt (I)	Shortbread Cookies (NF)	Tea w/ Sugar (FF)	Granola w/ Raisins (R)	Blueberry Raspberry Yogurt (I)	Granola w/ Raisins (R)
	Blueberry Raspberry Yogurt (I)	Blueberry Raspberry Yogurt (I)	Grapefruit Drink (B)	Blueberry Raspberry Yogurt (I)	Metamucil Beverage, Orange Sugar Free (FF)	Blueberry Raspberry Yogurt (I)	Strawberry Breakfast Drink (B)	Blueberry Raspberry Yogurt (I)
	Orange-Pineapple Drink (B)	Orange Juice (B)	Tea w/ Sugar (B)	Orange-Mango Drink (B)	Metamucil Wafers, Cinn. (FF)	Orange Juice (B)	Tea w/ Sugar (B) x2	Orange Drink (B)
	Tea w/ Sugar (B)	Tea w/ Sugar (B) x2	Metamucil Wafers, Cinn. (NF) x2	Tea w/ Sugar (B) x2		Tea w/ Sugar (B)	Metamucil Wafers, Cinn. (NF) x2	Tea w/ Sugar (B)
	Metamucil Wafers, Cinn. (NF) x2	Metamucil Beverage, Orange Sugar Free (FF)		Metamucil Wafers, Cinn. (NF)		Metamucil Beverage, Orange Sugar Free (FF)		Metamucil Wafers, Cinn. (NF)
		Metamucil Wafers, Cinn. (NF)				Metamucil Wafers, Cinn. (NF)		
B	Dried Beef (IM)	Dried Beef (IM)	Dried Beef (IM)	Dried Beef (IM)	NO MEAL	Dried Beef (IM)	Dried Beef (IM)	Dried Beef (IM)
	Chicken Salad Spread (I)	Chicken Fajitas (I)	Chicken Salad Spread (I)	Chicken Fajitas (I)		Seafood Chowder (R)	Smoked Turkey (I)	Chicken Strips in Salsa (I)
	Lasagna w/ Meat (I)	Macaroni & Cheese (R)	Crackers (NF) x2	Macaroni & Cheese (R)		Crackers (NF) x2	Cheese Tortellini (I)	Corn (R)
	Cheddar Cheese Spread (I)	Corn (R)	Sweet & Sour Pork (I)	Tortilla (FF) x2		Spicy Chicken & Vegetables (R)	Asparagus (R)	Tortilla (FF) x2
	Tortilla (FF) x2	Tortilla (FF) x2	Peaches (I)	Applesauce (I)		Pears (I)	Chocolate Pudding (I)	Peanuts (NF)
	Pineapple (I)	Fruit Cocktail (I)	Granola Bar (NF)	Almonds (NF)		Candy Coated Peanuts (NF)	Butter Cookies (NF)	Shortbread Cookies (NF)
	Trail Mix (IM)	Trail Mix (IM)	Brownie (NF)	Brownie (NF)		Brownie (NF)	Tropical Punch (B) x2	Brownie (NF)
	Strawberry Drink (B) x2	Peach-Apricot Drink (B) x2	Lemonade (B) x2	Peach-Apricot Drink (B) x2		Peach-Apricot Drink (B) x2		Grape Drink (B) x2
C	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (FF)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Smoked Turkey (I)	Grilled Chicken (I)	Spaghetti w/Meat Sauce (R) x2	Teriyaki Chicken (R)	Teriyaki Chicken (FF)	Grilled Pork Chop (I)	Grilled Pork Chop (I)	Sweet & Sour Pork (I)
	Turkey Tetrazzini (R)	Macaroni & Cheese (R)	Italian Vegetables (R)	Fettuccine (R)	Fettuccine (FF)	BBQ Beef Brisket (I)	Potatoes au Gratin (R)	Rice Pilaf (R)
	Potatoes au Gratin (R)	Mashed Potatoes (R)	Tortilla (FF)	Brown Rice (I)	Brown Rice (FF)	Mashed Potatoes (R)	Rice Pilaf (R)	Broccoli au Gratin (R)
	Tortilla (FF) x2	Creamed Spinach (R)	Chocolate Pudding (I)	Creamed Spinach (R)	Tortilla (FF) x2	Green Beans w/Mushrooms (R)	Sausage Pattie (R)	Tortilla (FF) x2
	Pineapple (I)	Tortilla (FF) x2	Cherry-Blueberry Cobbler (I)	Tortilla (FF) x2	Pineapple Drink (FF)	Tortilla (FF) x2	Tortilla (FF) x2	Chocolate Pudding (I)
	Cherry-Blueberry Cobbler (I)	Brownie (NF) x2	Orange Juice (B) x2	Tapioca Pudding (I)		Peach Ambrosia (R)	Strawberries (R)	Orange-Grapefruit Drink (B) x2
	Grape Drink (B)	Tropical Punch (B)	Tea w/ Sugar (B)	Pineapple Drink (B)		Apple Cider (B)	Lemonade (B)	Tea w/ Lemon (B)
		EVA Snack (Day 9 only)						EVA Snack (Day 7 only)
		Clif Bar, Oatmeal Raisin Walnut (NF)						Clif Bar, Oatmeal Raisin Walnut (NF)
		Wheat Tortilla (FF)						Wheat Tortilla (FF)
		Peanut Butter (FF)						Peanut Butter (FF)
		Orange Juice (B)						Orange Drink (B)

◇ Day 11 will be stowed in the fresh food locker

\*Day 1 consists of Meal C

\*\*Day 15 consists of Meals A & B

(B) - Beverage, (FF)- Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized